

## Alfred Health GP News

**Welcome to the January edition  
of Alfred Health GP news.**

We welcome your feedback and suggestions.

Contact us for any queries on  
9076 2620, or email us at [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au)

### **Asthma and allergy course**

The Allergy unit at The Alfred warmly invite you to join us for an educational symposium in allergy, to be held on **Saturday 17th March, 2018** from 8.30am to 4pm at the AMREP Education Centre, Alfred Hospital, Melbourne

The cost is \$150 (early bird) for registration by 25th January 2018, \$180 after 25th January 2018.

Topics will include aero-allergy, thunderstorm asthma, drug allergy, food allergy, paediatric allergy, anaphylaxis & venom allergy, allergic skin conditions, occupational & environmental allergy.

The RACGP has accredited the course for 40 category one points. To qualify for the points, participants must complete the predisposing and reinforcing activities and the feedback form, as well as attending the symposium. Details of these will be sent upon registration.

Registration is at the [Try Booking](https://www.trybooking.com/SCPG) website. If the link doesn't work, please copy and paste this address into your browser: <https://www.trybooking.com/SCPG>

### **Radiology**

Radiology and Nuclear Medicine services at Alfred Health (including Sandringham Hospital and The Alfred) now use HealthLink as the primary means of delivering reports. HealthLink provides a reliable, secure and paperless way of receiving medical reports and has been successfully implemented in the Radiology department at Alfred Health for many years now.

However, if you do not wish us to send radiology or nuclear medicine reports to your active HealthLink EDI, please call Ben Morgan, Radiology Liaison on 9076 0251.

## Right word, right time

Alfred Health is putting health professionals at the forefront of a new campaign to combat the single biggest killer of Australians each year.

Chronic disease is responsible for 90 per cent of deaths in Australia annually – but many of those diseases are largely preventable with lifestyle change.

Alfred Health's new campaign, Right Word. Right Time. (RWRT), challenges health professionals to talk with their patients about preventing chronic disease and making positive changes towards a healthier lifestyle.

Chronic disease includes cardiovascular diseases, cancers, chronic obstructive pulmonary disease (COPD) and diabetes, with four common behavioural risk factors—smoking, physical inactivity, poor nutrition and harmful use of alcohol.

Dr Michelle Ananda-Rajah, General Physician at Alfred Health, said health professionals were the most credible voices for preventive health but the conversations did not occur often enough.

“Chronic disease places a huge burden on individuals, families and our health care system and without intervention, that burden is only going to get worse,” Dr Ananda-Rajah said.

“Sometimes all it takes is an open conversation to encourage patients to make some important changes – whether it's quitting smoking, cutting back on alcohol, changing their diet or exercising more. Those conversations can be tricky but they need to happen more often. The right word at the right time can be transformative.”

The RWRT campaign site empowers health professionals to start meaningful conversations with their patients that could ultimately save lives. Visit [Right Word. Right Time.](#) for more.

Alfred Health has collaborated with the Victorian State Government to deliver the campaign.

## Analgesic stewardship at Alfred Health

Did you know that the use of common opioids (eg oxycodone, codeine) is four times higher than 10 years ago? In 2015, there were 330 deaths in Victoria related to prescription medication (eg opioids, benzodiazepines) - more than either road trauma (252 deaths) or illicit substances (217 deaths.)

Prescribing 6 days of opioids on discharge from hospital compared to 3 days **doubles** the risk of long term opioid use.

The Alfred Analgesic Stewardship committee aims to provide education and support to staff, GPs and patients around analgesic use, in particular prescribing and weaning. This includes:

- Using non-opioid analgesics first;
- Assess pain regularly and wean opioids and other analgesics after discharge from hospital;
- Think twice about the prescribed quantity of Endone and other opioids.

For further enquiries, please contact Thuy Bui, Analgesic Stewardship Pharmacist, [t.bui@alfred.org.au](mailto:t.bui@alfred.org.au).

### **Iron transfusions at the Alfred, Sandringham and Residential Aged Care Facilities**

Patients requiring iron infusions can be directly admitted to either The Alfred or Sandringham by phoning the general medicine registrar. The Alfred General Medicine registrar can be contacted on 0428 626 183, whilst the General Medicine Registrar at Sandringham can be contacted on 0428 713 509. When calling, please provide the registrar with details of the patient's weight, Hb and ferritin level.

Alternatively, the Alfred Mobile Assessment and Treatment Service (MATS) are able to provide Iron infusions for patients in residential aged care facilities. If you have a patient in a residential care facility requiring an iron infusion, please refer by calling MATS on 1800 007 656 and provide the following information:

- Blood test confirming iron deficiency within the last month; ie ferritin <30, Tsat<20%
- Full referral including past history, current weight and medication list.

MATS will contact the patient or next of kin as appropriate to obtain consent and schedule a visit to the RACF.

### **GP Liaison at Alfred Health – we're here to help!**



Our GP Liaison team – Dr Josie Samers and Tracey O'Connell – are here to assist you in navigating Alfred Health. Whether it's a missing discharge summary, assistance with getting an outpatient appointment or suggestions on how we can do things better, we are here to help. Our office is attended on Mondays, Tuesdays and Fridays; phone 9076 2620 or email us [gp.liaison@alfred.org.au](mailto:gp.liaison@alfred.org.au).



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